

# IF YOU'RE HAPPY AND YOU KNOW IT!

Encourage your child to express their emotions by adapting one of our favourite songs!

## **If You're Happy and You Know It**

If you're happy and you know it, show a smile.  
If you're happy and you know it, show a smile.  
If you're happy and you know it, and you really want to show it,  
If you're happy and you know it, show a smile.

Continue with additional verses for other emotions:

If you're mad and you know it, stomp your feet.  
If you're surprised and you know it, say "OH MY."  
If you're sad and you know it, cry BOO-HOO.  
If you're silly and you know it, make a face.  
If you're scared and you know it, shiver and shake.

Finish the song with: If you're happy and you know it, shout HURRAY!

